CANCER Answer line

American Cancer Society

A regular feature, prepared by the American Cancer Society, to help save your life from cancer.

A grandmother asks: "Is it true that a child died after swallowing Laetrile?"

ANSWER line: Early in June, 1977, a 10-month old girl in Buffalo, N.Y. died of cyanide poisoning after she accidentally swallowed an undetermined number of Laetrile pills belonging to her father. Laetrile is an extract of apricot pits that is touted as a cancer cure and preventative, but has been shown to be of no value against cancer when subjected to rigorous scientific tests. Taken by mouth, Laetrile can be broken down into a cyanide component by intestinal bacteria and can then be absorbed into the body. Very large doses can create cyanide poisoning.

A canal barge operator asks: "Is there any link between a person's religion and cancer?"

ANSWER line: Religious factors as they govern lifestyle may have an interesting but indirect influence. For example, Seventh-day Adventists do not smoke or drink alcohol. They follow a diet often high in whole grains and unrefined foods and low in meat. They also have a cancer rate half that of the general population. Mormons follow a similar pattern. Obviously there are research leads in the different patterns of cancer in our population. Study of life style and personal history are part of the American Cancer Society's million-person Cancer Prevention study.

An airline stewardess writes: "One of my friends told me that she has a condition called "dysplasia" and must have frequent Pap tests. I thought that Pap tests were for cancer. What is this all about?"

ANSWER line: Dysplasia refers to an abnormality of cells of the cervix, the small structure that is the opening of the womb. The condition can be detected by the Pap test and careful microscopic examination of samples of these abnormal cells can show whether dysplasia is slight or advanced. While dysplasia is not cancer, it may, in some women, eventually lead to cancer over a period of years. It is a precancerous condition that must be monitored by a physician. Please remember that not all dysplasia becomes cancer. In one study, for example, only one-third of women with marked dysplasia actually developed cancer. Your friend is lucky to have her condition diagnosed and followed because should she develop cancer, treatment can be done at a very early stage of the disease when the probability of cure is excellent.

Virginia Energy News

Over 10,000 persons participated in Virginia's model home energy cost-cutting program during the first three weeks in October, making it one of the most successful home energy conservation programs in the country, according to Louis R. Lawson, Jr., Virginia's Energy Director.

"When we began this program our goal was to lower the statewide cost of heating this winter by at least $10 million. We will have made significant progress toward that goal if each of the home-owners who attended one of our clinics implements the steps we have demonstrated," Lawson said.

Another 3,000 to 5,000 homeowners are expected to attend the remaining clinics scheduled during October "Energy Conservation Month."

In November, the Energy Office will continue to offer the money-saving clinics to groups of 50 or more persons at times and locations convenient to them. Also, additional public presentations will be offered at the community colleges should demand indicate sufficient interest.

The "Home Energy Cost-Cutting Clinic" program is sponsored by the Virginia Energy Office, Community College System and Virginia Polytechnic Institute and State University Extension Service.

More than 300 clinics have been scheduled in more than 100 locations throughout the State.

"The program was designed to help citizens help themselves. We hired more than 50 instructors and participating engineers to provide free information to enable homeowners to save as much as $20 of every $100 they spend for heating and cooling. And we have given participants free "do - it - yourself" publications worth about $5.00. The response has been positive and enthusiastic," Lawson said.

"One of the most popular items in the free packet given to each participant has been the shower flow control developed by VPI&SU. The plastic device is inserted behind the shower head and significantly decreases the use of hot water with little change in comfort," according to the Energy Director.

Several other States and federal agencies have indicated interest in adapting Virginia's model program to meet the needs of homeowners outside the Commonwealth.

The Energy Office has installed a toll free number (1-800-552 3831) to provide information on clinic locations and to accept requests for special presentations.

Of Interest To Veterans

The Veterans Administration today reminded former servicemen and women that part of good estate planning includes making sure their families are aware of the VA burial allowance available to eligible veterans.

The Roanoke VA Regional Office pointed out that the government allows up to $250 toward burial expenses and an additional $150 plot or interment allowance, if burial is not in a national cemetry or other government cemetery. These VA payments will be reduced or eliminated in cases where the veteran's employer or a state agency has made such payments, VA said. In cases where a veteran's death is service connected, VA will pay an amount not to exceed $800 in lieu of the usual burial allowances.

With the exception of Arlington Naitonal Cemetery, burial is available to eligible veterans at all national cemeteries having space, and may also be authorized for an eligible veteran's wife or husband, minor children, and, under certain circumstances unmarried adult children. Eligibility requirements for burial at Arlington National Cemetery may be obtained from the Superintendent, Arlington National Cemetery, Arlington, Va. 22211. VA will provide a headstone or grave marker for eligible veterans, and memorial markers are provided for certain members of the armed services who die on active duty and whose remains are not recovered, or who are buried at sea. An American flag will also be provided upon request for use in covering the casket.

Veterans eligible for the VA plot and burial allowances and for burial in a national cemetery are those discharged under conditions other than dishonorable and who served in the Spanish-American War, Mexican Border period, World Wars I and II, the Korean Conflict, or the Vietnam Era. Also eligible are peacetime veterans entitled to service-connected compensation at time of death or discharge or who were retired for disability incurred in the line of duty, VA pointed

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Court Stree, Front Entrance
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Fidelity American Bankshares Annual Report First

At the thirty-third annual judging of annual reports held by the editors and publishers of **Financial World**, Fidelity American Bankshares, Inc. 1976 Annual Report was awarded first place in the category "Bank Holding Companies under $1.5 billion".

The competition is open to all companies in the United States and is considered to be one of the most authoritative forums for judging the quality of annual reports in the country. The award is based on three criteria. Fifty percent of the judgment is based on the presentation of materials which would primarily be of interest to the shareholder to whom the report is addressed. Twenty-five percent of the grading is derived from the appropriateness of materials which would primarily be of interest ot security analysts and sophisticated investors. The remaining twenty-five percent is reflective on the quality of the graphic arts elements of the report.

Fidelity American's 1976 Annual Report was produced by the company's Research and Development Division. Graphic arts supports, typesetting and printing were provided by Frank Wright Studios, Aphagraphics and Progress Printing Company respectively, all of Lynchburg, Va.

This represents the fourth time in the last four years that Fidelity American has received recognition in the **Financial World** competition.

Fidelity American is a Virginia Multi-Bank Holding Company with assets of $928 million, having 15 statewide bank affiliates with 81 offices as well as eight bank-related affiliates.

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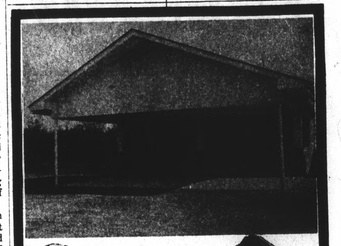

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1. Do you like raising livestock?
2. Do you want a business of your own?
3. Do you need retirement or extra income?
4. Do you have a back yard or other land?

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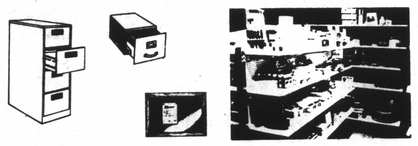
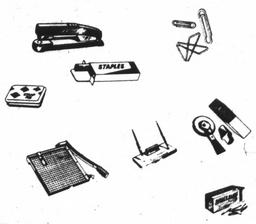


We list only a few

- INDEX FILES
- FILES
- TAPE DISPENCERS
- HOME FILES
- CARBON PAPER
- MONEY BOXES
- ONION SKIN PAPER
- PENCIL SHARPENERS
- GRAPH PAPER
- ADDRESS LABELS
- FILE FOLDERS
- FILE GUIDES
- MARKING TAGS
- BULLETIN BOARDS
- CHALK BOARDS
- CHALK
- PAPER PUNCHES
- POSTAL SCALES
- LEDGER SHEETS
- LEDGERS
- NOTEBOOK
- LEGAL PAPER
- PAPER CLIPS
- RUBBER BANDS
- SHEET PROTECTORS
- CLIP BOARDS
- STENO PADS
- LEGAL PADS (All sizes)
- MONITERS
- TYPING PAPER
- CORRECTAPE
- EXPANDABLE HOME FILES



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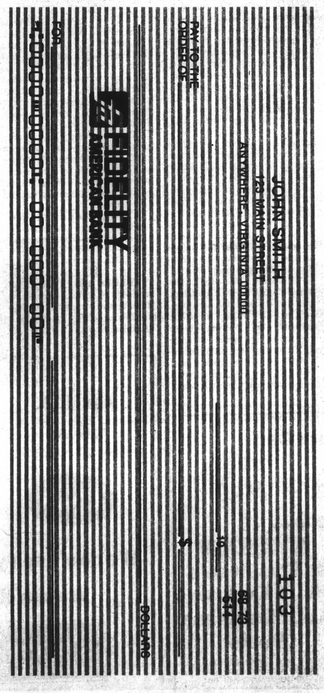

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